

Golf Swing Plane Training Method and Apparatus

Abstract

A golf swing plane training method and apparatus consisting a pair of elastic cords suspended above the ground faithfully defining a cross section of the swing plane. The elastic cords are parallel to each other and approximately parallel to the ground. The plane formed by the two elastic cords is substantially perpendicular to the proper swing plane at a height ranging from the level of the knees to the level of the waist of a golfer at address. The height of the elastic cords is slidably adjustable to accommodate the full range of golf clubs and golfers of varying sizes and heights. The distance between the elastic cords can be altered to accommodate golfers of different skill levels. As the skill level of the golfer improves, the elastic cords can be located closer together. A method for using the apparatus is submitted to provide the golfer with checkpoints that indicate a proper swing plane. In addition, if the golf club is swung incorrectly, the trainer restricts completion of that swing.